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Friday FACTS

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"Leadership, Partnership, and Championship"

Survey Reveals Americans Need A Refrigeration Refresher

As summer is approaching, now is the time for educating our Sailors and Marines on the importance of food safety. According to a 2001 survey conducted by the American Dietetic Association and ConAgra Foods, a majority of U.S. consumers lack basic knowledge about proper refrigeration of food. According to the survey, although 91% of consumers surveyed felt it was important that the refrigerator temperature setting is set at proper temperature, 60% do not know that their refrigerator should be set below 40 degrees Fahrenheit to ensure food safety. Even scarier is that 67% of consumers do not have a refrigerator thermometer to adequately monitor safe storage temperature of refrigerated foods.



For more information on food safety, the following websites are available for review recommended by the American Dietetic Association:

<http://www.ift.org/govtrelations/microfs>
<http://www.cfsan.fda.gov/~dms/fc01-toc.html>
http://www.fsis.usda.gov/oa/research/behavior_haccp.htm
<http://www.fsis.usda.gov/oa/pubs/lmtips.htm>
http://www.fsis.usda.gov/OA/pubs/lm_tearsheet.htm
<http://www.fightbac.org/main.cfm>
<http://www.nal.usda.gov/foodborne>
<http://www.fstea.org>

World No Tobacco Day

Friday May 31st is the date for the annual World No Tobacco Day! The World Health Organization <http://www5.who.int/tobacco/page.cfm?pid=63> is looking for more participants! This is another opportunity to encourage smokers and dippers to quit! If your command is participating, please contact Mark Long at longm@nehc.med.navy.mil

Suicide Prevention

Suicide touches and effects us all! Every hour in this country three to four persons have died from suicide. Between 24 and 75 people attempt suicide every hour. Dr. David Satcher, the former U.S. Surgeon General, has called suicide a serious public health problem and issued a Call to Action to address suicide in this country <http://surgeongeneral.gov/library>. Have you seen the National Strategy for Suicide Prevention? <http://mentalhealth.org/suicideprevention>

Suicide knows no boundaries - it can happen to the young, old, and in between; and among both men and women! Suicide has been a top killer in the military as it has been the second or third leading cause of death in the Navy and Marine Corps over the past decade. Suicide can happen any time of the year, and to persons of all rates and ranks!

Health Promotion has developed new suicide prevention resources! <http://www-nehc.med.navy.mil/hp/suicide> A new presentation on testing your knowledge of suicide is online. There are new awareness posters, a prevention brochure, information for survivors of suicide, new materials on warning signs and additional links and resources! There is a new national crisis hotline (Hopeline 1-800-SUICIDE) available 24 7!

The Behavioral Health Program at PERS-601 <http://www.persnet.navy.mil/PERS601> has lots of good information as does the new Marine Corps MCCS site on suicide prevention <http://www.usmc-mccs.org/persvc/prevent/suicide.asp>

Each state has developed their own suicide prevention plan. Check with your state Department of Health to find out what the public and private partnerships are doing!

"Real difficulties can be overcome; it is only the imaginary ones that are unconquerable."

- Theodore N. Vail